

# My One Page profile



Adam Bird

Age: 28

Occupation: Life Skills  
Coach

## What people appreciate about me

My willingness to try new things and experience as much as possible.

My caring approach and to support people who need it.

I have a wide range of skills-im trained in performing arts, maths, ict and more importantly always willing to learn new things!

My communication skills and patience-Im always interested in what people have to say.

My fun and light hearted nature, I love to make people laugh and smile!

I am creative-I love to write and play music, I love making things and love being able to help people do the same!

Being open and honest-I like to keep everyone informed so we are all on the same page.

I am easy to speak to and approachable.

## What is important to me

Michelle is the most important person to me-she is my partner and together we have a great life. We have been together for 6 years and she is the most supportive person in my life.

Friends and Family-Sharing great times with friends and family is important to me, to be there for everyone and also have support from each one of them is vital to my well-being!

Fitness-training in the gym is important to me, over the past 2 years I have really felt the benefits, both physically and mentally, from eating healthy food and following a strict weight training program.

I have to read the next day's newspapers on my phone before I go to bed-this helps me keep up to date with what's going on in the world and more importantly.... helps me fall asleep!!!

Setting personal targets for myself and to overcome any barriers I face. This helps me to stay motivated and achieve goals. My next target is to learn how to drive!

Food- It is important that I eat a high protein diet to compliment my gym training. I cook and prepare all my food for the week on a Sunday evening.

## How to support me

Explain the big picture to me, I work better when I know exactly what's going on.

At times I may over think things or potential problems-let me know if that's appropriate.

I need time to plan my sessions at work because it's important I engage everyone im working with.

I respond well to positive body language and words of encouragement.

When stressed I need time to talk through how I feel-I like people to take my mind off things by being light hearted.